BeWell

BeWell Engagement

COMMITMENT TO COMMUNITY

BENEFITS OF SERVICE

- Increased sense of purpose and social connection
- Improved mental and emotional well-being
- An enhanced sense of giving back
- Experiential learning

TYPES OF SERVICE

- **Direct service** is important (examples include working in a food kitchen or picking up garbage)
- **Community service** can cover a much larger range of activities, allowing individuals to create bonds while giving back to the community

SERVICE AND YOU

- Service can provide a way for you to identify your talents
- Service allows you to be creative and connect with others:
  - Care packages for service workers, veterans, hospital patients, etc.
  - Creating cards or drawings for service workers, veterans, hospital patients, etc.
  - Baking for the homeless, service workers, veterans, hospital patients, etc.
  - Collecting items for foster centers, schools, people in need, etc.

GETTING STARTED

Determine where you would like to spend your time and energy by completing the form below:

What do you care deeply about? What are your passions? *(Circle all that apply.)*

Literacy	Poverty	Arts	Mental
Community	Animals	Security	Children
Food Security	Homelessness	Seniors	Environment
Armed Forces	Social Justice	Health Care	Other: _____

What are your skills and talents? *(Circle all that apply.)*

**You can provide a skill or service remotely when possible.*

Finance	Editor	Writing	Massage	Music
Education	Artist	Hospitality	Carpenter	Research
Travel	Chef	Marketing	Engineering	Moderator
Sports	Sewing	Actor/Drama	Nutritionist	Design Thinking
Spreadsheets	Baking	Fundraising	Grant Writing	Administration
Fashion	Dancer	Photography	Technology (IT)	Conflict Resolution
Science	Politics	Organization	Graphic Design	Problem Solving

Other: _____

List your top passions

1. _____
2. _____
3. _____
4. _____

List your top skills and talents

1. _____
2. _____
3. _____
4. _____

What will you do in the next 30 days to commit to your community?

_____

_____

VOLUNTEER: ☐ *One-time event* ☐ *Ongoing/remotely* ☐ *Ongoing/on-site* ☐ *Weekly* ☐ *Monthly* ☐ *Other:* _____

OPPORTUNITIES

Visit the websites below to connect with opportunities in your area. These sites offer a variety of resources and ideas for direct service, skill-based service, group service, teaching, leadership and scholarships:

VolunteerMatch lists a variety of opportunities based on skills, interest areas and location.

generationOn equips and mobilizes millions of children to take action that is changing the world, where we all make a difference and participate in creating a healthy community and society. This site offers opportunities for individuals, children and work groups both in-person and remotely.

All for Good is a digital hub for volunteerism and community engagement by simply entering your zip code. This site offers opportunities for individuals in-person/remotely, workgroups and children.

Hands on Bay Area lists opportunities for children including resources, camps and even scholarships.

Doing Good Together sends monthly opportunities in your area and also houses listings and a blog. Check out the dropdown options to see all the amazing suggestions and resources. This site offers opportunities for individuals and children in-person and remotely.

Project Giving Kids lists opportunities in the South Bay and Peninsula on specific areas of interest for children, teens and families, including an app (**Give Back App**) to find service opportunities.

Websites (Search by zip code)	**Individual**	**Skill-based/Remote**	**Workgroups**	**Children**	**Learning Resources**
VolunteerMatch.org	×	×	×		×
HandsOnBayArea.org	×	×	*Projects in a box*	×	×
AllforGood.org	×	×	×	×	
generationOn.org	×	×	*Great ideas*	×	×
DoingGoodTogether.org			*Remote*	×	×
projectgivingkids.org	×	×	×	×	×

ADDITIONAL IDEAS:

- **Color a Smile** (art for those in need)
- **Box Project** (care packages)
- **Project Linus** (blankets for kids in need)
- **Cards for Kids** (cards for kids in the hospital)

How to get started in service?

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Determine where you would like to spend your time and energy. Have all your family members/co-workers complete a form to help guide your decision-making process.

What do you care deeply about? What are your passions? *(Circle all that apply.)*

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Armed Forces	Social Justice	Health Care	Health Condition: _____

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HandsOnBayArea.org	✕	✕	*Projects in a box*	✕	✕
AllforGood.org	✕	✕	✕	✕	
generationOn.org	✕	✕	*Great ideas*	✕	✕
DoingGoodTogether.org			*Remote*	✕	✕
projectgivingkids.org	✕	✕	✕	✕	✕

"The greatness of a community is most accurately measured by the compassionate actions of its members."

– CORETTA SCOTT KING

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